5.

Hygiene Of

Circulation, Clothing, Bathing,

&

Excretions.

HYGIENE OF THE CIRCULATION.

The broad tapeworm is peculiar to Central Europe. Leaving climate & atmosphere & local influences, we turn to the next great division — Hygiene of the circulation of the blood.

It is very important to health to keep a balance of circulation.

HEART.

The heart must be in a sound state & there must be no obstruction of the veins & arteries.

HEAD.

The balance of blood in the head is the most ~~important~~ in need of care. "Keep the head cool & the feet warm". The brain is in a close box which does not allow expansion. When much blood is in the feet, they swell, innocently.

ADAPTATION OF THE BRAIN.

To adapt the brain to changes the carotids are contorted. In sleep the least possible amount of blood goes through. Excess of blood in the brain endangers life. Some vibratory movement is necessary.

The veins carry the blood back as fast as it goes into the brain.

Theory & relief of insomnia,

Space 1 page

Blumenbach — end of 18th century anticipates the theory —

Dendy in 1821 ds. an electric cap

Durham later — experiments

Hammond —

CEREBRO-SPINAL FLUID.

The cerebro-spinal fluid, common to both brain & spinal marrow goes down when there is an excess of blood in the brain.

STOOPING.

We should avoid unnecessary stooping positions. Especially should old persons avoid it.

The effect of the ~~[illegible]~~ application of cold, is well known. We put cold water to a hot head.

WRAPPING INFANTS IN CLOTHES.

It is an error in management of children to put a large cap on the head. ~~It is unhealthy.~~ ~~A want of knowledge leads to the practice of heaping blankets on children, thus excluding fresh air and often making the children sick.~~

HEART.

The **heart** should be sound. It is disturbed by excessive exercise. When we exercise our muscles the heart by synergy acts with them. If we run the pulse runs also.

HYPERTROPHY.

Hypertrophy, or enlargement of the heart may result. This is caused by either obstruction of the valves, or

144

[Dr Cornelius Black on importance of pure air to continuance of life in persons with feeble or organically diseased hearts after middle life]

Hilt,
Dr Stille
Dr DaCosta.

Extemporize here

[Space 1 page]

although disease of the heart is mentioned as more frequent among soldiers than among civilians. A common cause is, the weight & undue pressure of the accoutrements — the knapsack, &c.

[End of 11th Lecture, 1872.]

Alexander Prize Essay, 1871, by —— ?

Dr Cornelius Black's observations on the influence of insufficient aeration of the blood in producing degenerative disease of the (right) heart after middle life; especially fatty degeneration, from imperfect oxidation & removal of muscular tissue.

prolonged violent efforts or excitement of the heart.

by ~~exercise~~. Firemen often have this disease. It is also caused by excessive gymnastic exercise: cricket, rowing &c.

ATROPHY. Over-exertion often produces atrophy instead of hypertrophy. Fatigue of all kinds requires nourishment & rest.

COMMON TO SOLDIERS. ~~Heart murmur~~ among soldiers, who get ~~overheated~~ by long marches and want of food & rest. It is not deeply mentioned in European armies by authors as occurring.

ITS SYMPTOMS. It is characterized by rapidity without energy, feeble beat, no valvular murmur, incapacity to exercise, &c. Many soldiers ~~often~~ suffered from its being overtreated ~~wrong treatment~~.

EXCITANTS. Excessive use of alcohol, venereal ~~exercise~~ excesses or abuse, and coffee, and, as Richardson says, tobacco, hurry the movements of the heart.

TEMPORARY PALPITATION. Temporary palpitation is often caused by ~~dyspepsia~~ & by nervousness. If kept up, hypertrophy may result.

MECHANICAL OBSTRUCTION. ~~Mechanical obstruction of the venous blood, as by stooping, tends~~

Also, Bright's Disease;
[Watson] — how? Condition of blood?
Resistance in both kidneys to outflow from aorta into renal arteries?
This resistance is not necessarily always excessive.

Varicose veins —
& ulcers —
Therefore, rest, recumbent, is necessary in their treatment.

~~Cholaemia~~
~~Kidney phys.~~
~~Reg. bowels~~ —
~~Skin~~
~~functions~~ —
~~Angina~~

End of 26th Lecture, 1873.

(Hygiene) 1876:
Defn: Hygiene —
Ancient — modern —
Personal & Public:

Domestic
Of Women & Children
& ~~Diet~~ & Sick —

Foundations — Physical Development

Duties of Personal Hygiene:
Alimentation (Food, Drink & Stimulants)
Respiration (Atmosphere)
Circulation
The Skin (Cloth & Bath)
Of Excretion —
Reproduction (Sexual Hygiene)
Mental Hygiene.
Public Hygiene —
Etiology
Vital Statistics.

~~to produce hypertrophy.~~

TUBERCULOSUS.

(2) A venous state of the blood is said to favor immunity from tuberculosis. (Rokitansky). Not well proven.

FULL AERATION.

(1) Full aeration of the blood is essential. A tight cravat or garter is injurious. Tight Lacing!

SUDDEN APPLICATION OF COLD.

The sudden ~~effect~~ application of powerful cold, is unsafe. When heated & fatigued do not drink too much of ice water. It is not so much the heat, ~~but~~ the fatigue which makes it dangerous.

HYGIENE OF THE SKIN.

We next take up the

Hygiene of the Skin.

The uses of the skin are ~~four~~ several—

FUNCTIONS OF THE SKIN.

Secretory,
Excretory,
Sensitive,
Protective.

Next to the stomach, the skin is abused more than any other organ. Under hygiene of the skin we shall consider clothing and bathing.

CLOTHES.

Clothes were first adopted for decency of appearance. In different countries, the manner of wearing them is quite different.

It works differently in different constitutions.

Illustrate by two examples.

R.W. & R.R.

(Space ½ page)

"Limits of perfect recovery" in physics.

A railway bridge, e.g., made 4 or 5 times as strong as is needful to support the passage of any one train of cars over it; because every strain (otherwise) impairs its enduring power.

DIFFERENT CUSTOMS. OF DIFFERENT COUNTRIES.

Among the lower classes of Egypt, a woman will often expose her body so as to use the only clothing she has, to conceal her face from the eyes of men. Men uncover feet, not heads, in Mosque.

Pickering says that in the Pacific islands, those who wear clothes become liable to colds.

The ~~great principle~~ utility of clothes depends upon ~~is~~ their being non-conductors of heat.

REQUISITES OF CLOTHES.

Clothing must be 1st. sufficient, 2nd. not excessive in amount or pressure, 3d. properly distributed, 4th. permeable to air & moisture, & 5th. changed for cleanliness.

NOT WEARING ENOUGH CLOTHES.

Some men think it ~~manly~~ promotive of vigor to wear as little clothing as possible. This is a mistake, we should always wear enough. Cattle-raisers find that it is economical to house their cattle in Winter

TEMPERATURE OF ROOMS.

The temperature of a sitting-room should be 69° or 70°, especially in cold weather; that of an office 65°; that of

Heat of radiation & that of the air of a room may be quite different at the same time.

*1875, the tendency to inflation, in fashion, seems the time to have passed by; contraction prevails, approaching closely to a substantial basis. Whether this is or is not to be followed by the pantaloon, or the chemiloon, no one, not even "Old Probabilities," can tell; as Fashion, like necessity, knows no law, and very little reason.

* Sleeping in yr clothes provide accordingly but not too much

room in which people are working or moving about

somewhat less; that of a sick room always as high as 70°, – at middle of room.

EXCESSIVE CLOTHES.

Excessive clothing overheats and overburdens the body. The heavy skirts of ladies worn some years ago were very bad. The hoopskirts* accomplished the wished-for expansion, and are ~~besides very~~ hygienic. ~~[illegible] dress~~ (further on)

Tight Corsets are, as remarked before, very injurious.

ADAPTATION TO THE WEATHER.

We should adapt our clothing carefully to the weather. In China, it is said, ~~some people~~ ~~children~~ have about six ~~sets of clothes~~ garments on in the morning. Every hour, they take off one, till about noon, & then begin to put them on again.

CHINA.

NILE BOATMEN.

On the Nile, the boatmen wear pants, shirt, cloak, and shoes. If it is warm they leave off the cloak; if very warm, the pants and if they have to get into the water, off goes everything.

CHEST.

In the distribution of clothing, the chest is the most important to be covered especially in winter. If we keep the chest warm and leave the hands bare,

HIGHEST SURF TEMPERATURE.

Highest Surf Temperature

Cape May	70° – 80°
Boulogne, France	65° – 70°
English Coast	68° – 72°
Normandy	69°
Baltic Sea	66°
Mediterranean, Trieste	86°

PECULIARITIES OF SEA WATER.

Peculiarities of Sea Water

1. It is stimulating to the skin, by the salts contained in it.
2. It is denser than fresh water, and by pressure tends more to send blood to the head.
3. The salts are to some extent absorbed, and act upon the secretions.

PRECEPTS.

Precepts.

Always wet the head soon and often, in bathing.

Remain in the surf only 15 minutes (for health).

End of 23d Lecture, 1868

22nd " 1867.

our hands [illegible] than
if we wore g[illegible] chest
exposed.

GREAT ORGANS

The chest c[illegible]t &
lungs. It is [illegible] great
heater - [illegible]
of a furnace [illegible] & cold climates.

ABDOMEN.

Next to the [illegible] be
careful of the [illegible]

It has no [illegible] d is
more subjec[illegible] of
sudden chan[illegible] s wore
flannel ban[illegible] abdomen
Warm weath[illegible] dominant organs.

FEET.

In regar[illegible] es, the
feet require the most care. They are
the farthest removed from the
heart, & thus the most easily chilled. Not to be too
rapidly heated, however, in very cold weather.

Lecture XXIII.

EVAPORATION

Clothing must allow transpiration and evaporation.
~~During the inauguration of one of the popes, a child was gilded to represent the golden age. The child died.~~

BAD BURNS.

If the body be burned badly, even

On the accession of Leo X to the papal Chair of Rome, there was a grand procession in Florence, a little girl was coated all over with gold leaf, to represent the "Golden Age." The child died in a few hours in convulsions, the spectators being ignorant of the cause. That cause was, suppression of the cutaneous transpiration. Investigated since.

ighest Surf Temperature

May	70°–80°
ne, France	65°–70°
h Coast	68°–72°
ndy.	69°
Sea	66°
anean, Trieste	86°

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End of 23d Lecture, 1868
22nd " 1867.

our hands will be warmer than if we wore gloves and left the chest exposed.

GREAT ORGANS

The chest contains the heart & lungs. It is so to speak, the great heater, just as in the case of a furnace. Especially the protected in winter & cold climates.

ABDOMEN.

Next to the chest, we should be careful of the abdomen.

It has no bony casing and is more subject to vicissitudes of sudden change. Our soldiers wore flannel bands around the abdomen. Warm weather relaxes the abdominal organs.

FEET.

In regard to the extremities, the feet require the most care. They are the farthest removed from the heart, & thus the most easily chilled. Not to be too rapidly heated, however, in very cold weather.

Lecture XXIII.

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Clothing must allow transpiration and evaporation.

During the inauguration of one of the popes, a child was gilded to represent the golden age. The child died.

BAD BURNS.

If the body be burned badly, even

* change of clothes very important to the sick.

&c.

Space 6 lines

Ex.— wound of arm unknown
2 miles not undressed

means of drying precipitates, and if the doors are left open there will be but little danger of burning them; while if we wish a heat of one hundred and fifty or two hundred degrees Centigrade, it is easily obtained by shutting the doors. A small still set on one corner will furnish all the distilled water that is needed in a laboratory where not more than two or three are working, by running it one or two days in the week. And further, if there is a good draft we can easily melt a pound or two of any metal that has a lower melting point than silver, by placing the crucible in the fire. We are perhaps somewhat enthusiastic on the subject of a cooking stove, but we have just got possession of one again after doing without for a year or two, and we know how to appreciate it. S.

PRACTICAL RECIPES.

less t... lollow-
An ... fre-
vent ... poisoning
hence ... in the
use of ... Loose
Clo... sc. g. boots
less so.
d oft-

REMOVAL OF CLOTHING.

en enough. We should not wear the same, night & day.

Those who have to do so when sitting up all night, often feel refreshed by a bath change on the morning.

SOLDIERS

Soldiers in time of war suffer much disadvantage from their having to wear their clothes so long. They could sometimes be smelled across the street. Washing feet on march very important.

ADAPTATION TO CIRCUMSTANCES.

Uncleanliness does not always injure as much as would be expected. There is some adaptation to circumstances. The other excretory organs help the skin.

SPOTTED FEVER.

The fact that spotted fever is coincident with war or garrisons shows its probable or at least possible connection with uncleanliness. It is cause may be a poison produced by

154

EXHALATION OF CARBONIC ACID BY THE SKIN. — Some interesting researches with regard to the amount of carbonic acid exhaled in a given time from the skin of a man, conducted by Herr Aubert, and his assistant, Herr Lange, have appeared in Pflüger's *Archiv für Physiologie*. The experiments have been carefully made in an air-tight chamber, in which the subject for experiment was seated, and through which a current of air, freed from carbonic acid, was steadily passing, while the proportion of carbonic acid in the air on leaving the chamber was estimated by transmission through bulbed tubes containing a solution of a salt of barium. The results of these investigations lead to the general conclusion that sixty-two grains of carbonic acid are exhaled from the body of a full-grown man through the skin in the course of twenty-four hours. (organic matter also.)

1873

* change of clothes, very important to the sick.

&c.

[Space 6 lines]

Ex.— wound of arm undressed
2 nights not undressed

less than half, death will follow.
Any clothing which will prevent transpiration is unhealthy, hence care must be taken in the use of gum blankets, gum shoes, &c. Loose & boots less so.

REMOVAL OF CLOTHING.

Clothes should be removed often enough for cleanliness. We should not wear the same, night & day.

Those who have to do so when sitting up all night often feel refreshed by a bath on the morning.

SOLDIERS

Soldiers in time of war suffer much from their disadvantage having to wear their clothes so long. They could sometimes be smelled across the street. Washing feet on march very important.

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Milne Edwards' experiments with young animals.

3 young children in the winter (1868-9) somewhere in one of the Northern States, were put in the bottom of a wagon by their parents, who had to take them a night journey of a number of miles. They were well wrapped up, in furs and blankets, they were perfectly quiet. At the end of the ride father & mother went to take them out — found them all frozen dead!

Warmth of sick children in bed.

Cold blankets not always enough.

the long existence of foul matter in the clothes of soldiers.

CHILDREN.

Children require more clothes than adults, although it is not generally thought so. Their activity, of course, helps to keep them warm. The legs & arms, especially, should be protected. Group, W.O.

Serious mistakes are often made in regard to the warmth of the dress of ladies. The term

"FULL DRESS"

"full dress" is certainly a misnomer. It may be ~~well~~ ~~enough~~ in a warm room, but should the lady sit for a little while in a draft she is very liable to take cold. So also, leaving a hot room, many are thinly clad.

WARMEST MATERIALS.

The usually stated order of warmth of the materials used for clothing, is furs & wool, silk, cotton, and linen.

RUMFORD'S CONCLUSION.

Count Rumford ~~proved~~ that silk is, for the same thickness, even warmer than wool. We generally underrate the value of silk. It is a non-

ELECTRICITY.

conductor of electricity. Electric ~~charges~~ are constantly occurring in the air. (See Hewson's paper on effect of weather on operations. Pa. Hosp. Rep. 1869.)

FURS, &c.

Furs, down &c. are very warm. In the Arctic regions furs must be used; and they make the exposure there tolerable, — even at 40° or 50° degrees below zero.

Open, loose fabrics are always warmer than compact, close ones; the air in the interstices is a slow conductor. Thus, e.g., the coldest things for the hands are tight kid gloves; the warmest, woolen or fur mittens.

End 23d Lecture, 1870

The "What is it!"
Grecian Bend !!!

not only its nonconducting property, but also

ADVANTAGES OF FLANNEL.

The advantage of flannel, is its porosity; ~~this~~ enabling it to absorb perspiration. It is also stimulating to the skin.

In tropical climates it keeps out heat (Ice in cellar, wrapped). Paper.

Those who are ~~subject~~ ~~to~~ rheumatism, bronchitis, neuralgia, or any other diseases which depend on variations of temperature should wear flannel all the year round. But it need not be heavy in summer.

FEET.

The feet.— In Europe & America, the feet are less respected than in the East. There they are kept by refined people, scrupulously ~~perfectly~~ clean; ~~and~~ so that to "kiss" the feet as an act of homage or reverence "is not ~~such~~ a ~~disgusting~~ repulsive practice. They don't need such warm covering.

HEELS.

Shoes without heels are easiest to walk in, and loose shoes that fit are better than tight ones. High heels throw the body unnaturally forward. (Ladies)!

FAULTS IN SHOES.

Our shoes are ~~not~~ made as they should be. They should have a wide sole, allowing room for the ~~foot~~ toes to spread out. Anatomical lasts. There is some improvement in this within a few years.

By the way,

The first man to carry a silk umbrella for rain in Philada. was Dr John Morgan; who, with Dr Shippen, was the founder of the Medical Dep'ment of the Univ. of Pennsylvania, more than a century ago. Umbrellas to keep off the sun are ancient in the East; in some Oriental Countries they are allowed to be used only by persons of high rank. The royal umbrella of the King of Ashantee was lately taken to England as a trophy (1874) by his conqueror, General Woolseley.

Dio Lewis

WOODEN SHOES.

In France and England, children often wear shoes with wooden soles. What is so saved in money, is lost in health & comfort. Barefoot better.

STOCKINGS.

Stockings should be adapted to the weather. Many cannot wear woolen stockings. A few require over peffered soles.

HATS.

Hats are of modern origin. The Greeks & Romans did not wear any. The Mussulmans shave their heads, except a tuft on top, & wear caps or tarbooshes & turbans. The turban keeps off the sun. Englishmen in India often wrap a veil around their hats. Use of an umbrella here, our hot noons, is rational.

MODERN.

Heavy hats are unreasonable. They weigh on the brow, and exclude air; ~~and~~ perhaps they thus promote or cause baldness. Women seldom lose their hair as soon as men.

BALDNESS.

LIGHT FELT.

The light felt hat is a great improvement. The present diminutive style of ladies' hats is unobjectionable, if they carry sunshades in the hottest weather.

OPEN VESTS.

It is a ~~was once~~ common error to leave the breast almost uncovered. Old fashioned vests were open almost all the

Gymnastic dress: used often now by ladies for mountain excursions in travelling.

The "Grecian bend" was never seen nor heard of in the classic Greece of Aspasia and Phidias.

End of Lecture 24th, 1867

[End of Lecture 12th, 1872]

way down.

LADIES' DRESS.

At present the female dress is as good as it has ever been. There is plenty of ventilation below very obituary, no doubt.

CANNOT EXERCISE.

It has one fault, however. Ladies cannot take exercise. If the skirts did not go below the knees, they would be better.

ARTIFICIAL BEAUTY.

There is a tendency to artificial means of beauty, at the present time. "Beauty unadorned, is adorned the most." We see no marks of corsets on the ancient statues. If the female figure were allowed to develop, there would be more beauties than there now are. The best cosmetic is fresh air; the great beautifier is health.

BEDDING.

Bedding.— Hair, cornhucks, feathers, down, are the mo and straw are the materials mostly used.

FEATHERS.

Feathers and down are too soft. The hardest bed we can comfortably

Doubtful even for surgical cases. Expl.

Better, if possible, to remove pressure from affected parts, & to change position often, even if but a little. Most perfect bed, a good hair mattress or a feather bed, and this on a spring bedstead.

Sick clothing

change often.

of course with care.

Patent sponge is very comfortable, and with care will answer well. It must be very absorbent of moisture. very good

sleep on the bed. will be

The hair mattress is the best.

Some people crave to sleep on air or water ~~beds~~: ? . ○

AIRING CLOTHES.

Frequent airing of clothes is necessary. They should be turned down always ~~as soon~~ immediately on rising. Dio Lewis says that he restored a person to health and sleep, by having his bed-clothes aired.

BATHING

Bathing was practised by the ancients for health and religion. ~~It was~~ Ablutions made a part of the laws of the Egyptians & the Jews. The Mohammedans took the custom from the Jews.

ITS ANTIQUITY

ancient

The Greeks & Romans also practised it. At one time there were over 600 ~~in~~ public baths in Rome. Some of the Roman baths were as large as small towns; as the Baths of Caracalla; whose ruins yet remain.

ROME.

DIVISIONS OF BATH

They had many apartments: an undressing room, tepid bath, gymnastic room, cold bath, anointing room, &c.

In Finland with Hot stones —
Amer. Indians so also

Baths.

Cold	32° —	70°
Cool	70°	85°
Tepid	85°	90°
Warm	90°	96°
Hot	96°	100°
Vapor	100°	120°
Hot dry air	130°	250°

ORDER OF THE BATH.

The English adopted the Roman method. The Order of the Bath is of unknown origin, but, &c.

MIDDLE AGES.

In the Middle Ages, baths were much used for protection against leprosy.

NORTH EUROPE

Among the Indians In Northern Europe, bathing has long been practised: cold & warm.

VAPOR BATH.

The Russian bath consists of a room heated, dry heat, to 120°–130°. The person remains about 10 minutes. He then goes into a room to be washed. When that is done he can go out and plunge into the snow. Often called Turkish B.

HOT AIR BATH.

In the hot air bath the temperature is 130°–140° or 200°–250°. Wilson & many other testify to the good of this kind of bath. Copious perspiration takes place.

DIFFERENT KINDS OF BATHS.

Water Baths are divided into cold, tepid, warm, & hot.

Water softens the body. The principal effect depends on temperature.

Different temperatures – page 134.

COLD BATH.

The cold bath has two effects. It is first depressing. If continued

[redacted]

As I have proved by experiment; viz: — a young man after a cold bath of three minutes in water at about 60° — had, by the thermometer, an increase of temperature of 1°.

C. Harnell, Dr.

Lately introduced (after Currie) in treatment of hot fever; e.g. typhoid fever.

Remark on remedial use of the warm bath: In croup, laryngismus, convulsions, tetanus, chorea, hysteria, mania — as relaxant, antispasmodic, calmative. In strangulated hernia & intestinal obstruction. In passage of gall-stone, or stone in ureter. In cholera.

Cold bath lately (1871-2), after Currie 50 years ago, in fever, Liebermeister, Ziemssen, Wilson Fox (Chyper-pyrexia) 68°F, for 10 minutes.

Hot bath in malignant scarlet fever — & chill of pernicious & congestive fever — & in cold low neuralgias & chronic rheumatism.

Vapor bath in Hydrophobia — or Hot air bath.

Hot air bath in chronic affections of the skin especially — or deficiency of secretions.

Hot sand bath, new — 1872

End of 27th Lecture, 1873.

Theory of Hydropathy — use & abuse of water.

long, this will be the only ~~effect~~ result. If we get out soon, there will be a reaction. Dr. Bell denies this fact, but he is wrong. This is the great object in the bath.

DR. BELL.

Delicate persons cannot use it cold.

COOL BATH.

The cool bath is ~~the~~ more than the cold used. The tepid bath is best for the weak.

WARM AND HOT.

Warm & hot baths are only used in certain diseases, or for feeble or old persons. Warm is relaxing - hot stimulant.

INFANTS.

Young infants require the water to be as high as 90° - at first; carefully down.

SHOWER BATH

The shower-bath is safer than the plunge bath, in doubtful cases.

The hot bath is suited to those who suffer from neuralgia, chills, anemia &c.

TIMES OF USING BATHS.

Times of using baths — We should not bathe after taking a full meal. Just as a full meal before sleeping may cause nightmare, so in this case. The best time is before a meal. At bed time or before breakfast will do very well.

Explanation

EXERCISE.

Exercise before bathing, is not disadvantageous even if we are heated provided we are not exhausted, or out of breath or with quickened heart.

Comfort

Φ good in skin diseases & chronic rheumatism
& constipation; sometimes
in affections of the liver;

useful especially in anæmia, neuralgia, & chronic intermittents, & other chronic, cachectic affections.

End 23d Oct. 1869

Colfax in Penna Yell. Spr. 51°

Warm Springs Virginia

Hot Springs California 200° &c — keepers.

Salt baths at home — for feeble children &c.

Baths are simple or medicated. Oil, milk, blood, &c. have been used on particular occasions.

GAS BATHS. In some places near mineral springs, there are jets of CO_2. In certain diseases, the body may be exposed to them. Latitude influences. CO_2 has a pungent effect. If long continued, it is anæsthetic.

MEDICATED BATHS. Medicated baths are chiefly saline, acidulous, chalybeate, & sulphurous. They have the same effects as when the components are taken into the stomach; but in less degree.

SULPHUROUS. Thus Sulphurous water is alterative; chalybeate, is tonic.

SALINE. Saline waters affect mostly the secretions, increasing them.

The benefits of mineral springs are also due to local causes, change of scene, &c.

VICHY. The alkaline baths of Vichy, in France are recommended ~~used~~ for gout. Bettystown Spring; Lithia.

EMS. The water at Ems in Germany is 124°

The highest in Europe is 150°.

TEMPERATURE OF THE SEA. The temperature of the sea is lower than that of fresh water at the same season & latitude.

Evils & Dangers of Constipation

DANGERS OF CONSTIPATION.

1. Irritation & Inflammation of the Bowels.
2. Hernia, & Strangulation.
3. Obstruction of the Bowels.
4. Sympathetic Disturbance of the stomach, brain, &c.
5. Blood-poisoning. (Septhæmia) from arrest of excretion from the intestinal glands.
6. Hæmorhoids.

(2)

Aids to the Bowels.

AIDS TO THE BOWELS.

1. Fruit, fresh or dried.
2. Bran bread, molasses &c.
3. Regularity of periods for defecation.
4. Kneading the abdomen.
5. Laxative medicines, as Rhubarb, &c.
   enemata or suppositories sometimes: ~~gruy~~ vom. & electrical in old tedious cases.

(3)

Causes of Constipation.

CAUSES OF CONSTIPATION.

1. Accumulation in the Rectum from neglect, & obstruction.
2. Deficient peristaltic muscular power.
3. Deficient innervation.
4. Insufficient Intestinal secretion.

(1)

DENSITY.

The gentle stimulation of the skin by the water makes sea bathing ~~colder~~ more refreshing than ~~fresh~~ that inland waters, but its greater density tends to drive the blood to the head. The head should be dipped soon & often. The density of sea water is much greater than that of fresh water. It is easier to float in it.

SHORT BATH.

The surf bath should be short to be beneficial. Fifteen minutes is long enough. This is the report of a trained physician after many years observation at Boulogne. ~~Attempt of a champion swimmer in Brit. channel, 1872 — Thou. 3/4, almost dead.~~

Lecture XXIV.

HOW TO PREVENT COLD.

A very good way to avoid taking cold, is to bathe the neck & chest every morning, in cold water. Cold water warms better than hot does.

~~The~~ next subject is → (Skip, 1871)

HYGIENE OF THE HAIR.

Hygiene of the Hair.

VEGETABLE.

Hair is a vegetable growth. If allowed to get matted, it dies at the roots, like a neglected grass plot. It grows after death. It is necessary

WASHING.

to keep the head clean, but too much washing is injurious. It washes ~~out~~ away the natural grease.

GREASE.

Grease should be used only when

with oil of bitter almonds for preservation of odor.

[End of Lecture 13th, 1872]

Alexander the Great first made his soldiers remove the beard —

Roman soldiers, & gladiators —

Papal nuncio at court of France
& beardless Louis XIII & in Spain Philip V —

Cromwell — Roundheads & Cavaliers

Ten years ago, it was hardly respectable in England to wear a moustache. The ~~Continental~~ European custom spread first to America, & now more slowly in England.

Too much hair is the fault of fashion with ladies at the present time (1871). And not only borrowed or bought locks of hair, — but barbarous compounds of other kinds to substitute it. The chignon is an abomination! I believe it is now, happily, disappearing in most places (72)

necessary, from deficiency of the natural sebaceous matter.

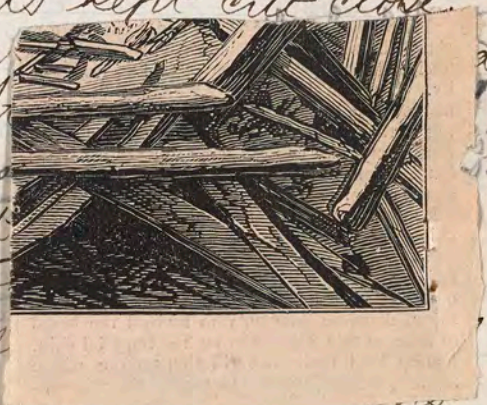
OBJECTS USED.

Cantharides, ammonia, & castor oil are most commonly used for the hair.

If the hair be lost from illness, it should be shaved & afterwards kept cut close.

BEARD.

It has often been [illegible] to wear the beard. [illegible] protects the throat [illegible] as a natural respirator.



SHAVING.

It is strange that [illegible] have ever been so nearly universal. [illegible] ple, too, have the most [illegible] thus interfering with the [illegible] shaving is obscure. [illegible] except when they were mourning. The Jews shaved to stop out the bands when in affliction. Levit. law — shalt not mar the corners [illegible]

HYGIENE OF THE TEETH.

The next subject is the

Hygiene of the Teeth.

EARLY DECAY IN AMERICA.

In this country, the teeth decay very soon. At a Dental Convention held some years ago, four causes were suggested, viz:

ACIDITY.

1st. Acidity of our food. This is not a sufficient cause. Acid will dissolve the mineral part of teeth so, that it is not safe to allow even alum to be long in contact with them. The only way in which it is possible for acid

with oil of bitter almonds for pleasantness of odor.

[End of Lecture 13th, 1872]

Pliny states that the Romans did not begin to shave till the year of Rome 454, when Publius Ticinus brought over a cargo of barbers from Sicily. He adds that Scipio Africanus first set the fashion of being shaved every day. But, according to the same authority, after the age of forty-nine, every man was expected to wear his beard long. Young men underwent their first snipping at the age of twenty-one, and visits of ceremony were paid on that important occasion. The first chin crop was devoutly inclosed in a small gold or silver box, and then presented as a votive offering to some divinity, mostly Jupiter Capitolinus. The first fourteen Emperors of Rome were shorn, down to Adrian, who revived the beard to hide certain blemishes on the imperial skin. Beards held their own till Constantine, whose mother, Helena, became famous as the "invent-

Great first made his soldiers remove the hair —

Soldiers, & gladiators —

Revived at Court of France & beardless Louis XIII & in Spain Philip V —

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necessary, from deficiency of the natural sebaceous matter.

OBJECTS USED.

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If the hair be lost from illness, it should be shaved & afterwards kept cut close.

BEARD.

It has often been asked if it is good to wear the beard. It is, certainly. It protects the throat against cold; perhaps, also, the nose. It is a natural respirator.

SHAVING.

It is strange that shaving should have been so nearly universal. The plainest people, too, shave the most, thus intwining with the natural state of things. The history of shaving is obscure. The ancient Egyptians shaved except when they were mourning. The Jews should not cut their beards when in affliction. Lev. 19 & 20

HYGIENE OF THE TEETH.

The next subject is the shall not wear the gloves

Hygiene of the Teeth.

EARLY DECAY IN AMERICA.

In this country, the teeth decay very soon. At a Dental Convention held some years ago, four causes were suggested for this, viz:

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1st. Acidity of our food. This is not a sufficient cause. Acid will dissolve the mineral part of teeth so that it is not safe to allow even alum to be long in contact with them. The only way in which it is possible for acid

† Not impossible: — amount of lime in soil has been found to affect the size of bones in cattle pastured upon it.

Leptothrix Concalis. —

End of 24th Lecture, 1868.

unfavorably on the teeth

INDIGESTION. to act as in indigestion, acid being formed in the stomach and thrown into the mouth.

WANT OF LIME. 2nd. Want of lime in our food. That this is not probably so is proved by the fact that phosphate of lime passes in our urine & excrement, showing that there is an excess of it in the body. (?)

INHERITED PROCLIVITY. 3rd. Inherited race proclivity. This has no doubt some effect. The negroes have good teeth. The English lose their teeth soon. Egyptian boatmen — Irish children all milk teeth lost before they come out.

HASTE IN CHEWING. 4th. Haste in chewing. This is the cause. Fibres of meat get between the teeth and decaying there, metipate decay in the teeth. Imperfect mastication produces indigestion & so, resulting acid thus helps. Americans habitually eat too fast.

TARTAR. Tartar is a mineral deposit & minute vegetable growth on the teeth. Some say it is protective. A sound, clean, smooth tooth is much better.

CLEANING THE TEETH. Cleaning the teeth, at least once a day, is important. Pretty hard rubbing with a brush is safe.

POWDERS. The best tooth powder, made of very fine is charcoal,

Castile Soap very good —

End 24th Lecture, 1870

* Exclusively so — large intestine & kidneys:
partially — liver, lungs, & skin.

C. soap, myrrh, & Peruvian bark.

TOOTH WASH

A good tooth wash may be made of about 10 drops of tincture of myrrh, in a tumbler of water. The myrrh acts on exposed nerve and prevents further decay.

TOOTH-ACHE

There are three kinds of tooth-ache.

EXPOSED NERVE.

1st. Exposed nerve in a hollow tooth. This is the most common.

INFLAMMATION

2nd. Inflammation (cold in face) jaw, with or without abscess;

NEURALGIA

3rd. Neuralgia.

We have the most control over the first. Creasote is a certain cure.

CREASOTE.

It coagulates the neurin.

OTHER OBJECTS USED

Oil of cloves, laudanum, chloroform, acetate of lead, tinct. Myrrh, tobacco fumes are sometimes used. Prevention when teeth are tender.

The next subject is the

HYGIENE OF EXCRETION

Hygiene of the Excretory Organs.

The liver is not excretory only. We have no direct control over it. Mercury does affect it (in morbid states) somehow, Dr A. Bennett not further.

LIVER.

Diseases of the liver are frequent in hot climates. We should avoid excess of rich, fatty food which

Gastro-hepatic catarrh of Dr. Chambers.

Cholæmia, cholesteroma of Flint.

End of 25th Lecture
1867

It is natural to almost every one, in health, to have one evacuation daily. I have known one man, for years together, in perfect health, to average 2 passages daily. A medical gentleman attending my lecture on this subject in 1874, told me of a blacksmith who lived to be 74 years old, who for 40 years averaged but one passage in 9 days — yet with good health, except rectal prolapsus. During sea-sickness the bowels (as well as kidneys) act very slowly. I have been, at sea, 7 days without any movement of, or accumulation in, the bowels. E. H. B. told me had been 11 days at sea without a passage.

requires the assimilating action of the liver. Alcoholic drinks also stimulate or irritate the liver, & do the most harm in hot climates & seasons.

BILIOUSNESS

The term biliousness is misused. Simple nausea, sickness of the stomach, is sometimes so called.

DIFFERENT KINDS.

Inflammation of the intestine involving the liver, is not uncommon.

In real biliousness there are certain signs: yellow tongue, eyes, & skin; bitter taste; nausea, & dizziness. Light or simple diet is good for it; also, blue mass, bicarbonate of sodium and magnesia.

Especially on turning the eyes quickly

BOWELS.

Bowels:— We have the most direct control over them.

NEGLECT.

Neglect will cause constipation, though this may be ~~caused by other things~~. The longer the neglect, the greater the evil.

ABSORBSSOSS.

The mucous membrane of the large intestine can absorb the liquid portion of excrement. This will make the excrement so hard that it will be impossible to expel it.

Comp. Extr. Colocynth —

Aloes — as formulated or ause —

Rhubarb — Senna with aromatics — Resin of Podophyllum

Sulphur — Ext. Hyoscyam. — Ext. Belladonna

Magnesia — Ext. nux. vomic. — Enemata &

Suppositories: warm soap water, — Hellar soap.

In children, glycerin occasionally — manna —

P. 172 & Causes.

HOW TO PREVENT CONSTIPATION.

STEWED PRUNES. PAGE—191

Evils and dangers of constipation (page 172)

It is a primary rule not to allow the anus ~~forcibly~~ to compress ~~itself~~ forcibly.

We should use good food, fruit in season. All fruits are good. Bran bread is good. Regular time for defecation. Most people find after breakfast, the best time, though any hour will do.

~~Causes of Constipation (page 172)~~

PRESSURE.

The bowels are also aided by pressure; and mild cathartics.

INNERVATION.

Deficiency of innervation is seen is studious men particularly.

Exercise promotes regularity.

URINE.

Urine:— Neglect of proper evacuation of the bladder will not produce any serious effects except local irritation of the bladder. It is almost impossible to detain the urine very long. Gravel is promoted in those who have ~~such~~ a tendency to it, by too long detention.

Alcoholic drinks promote bright's disease by disease of the kidneys.

SKIN & KIDNEYS.

When the kidneys do not act ~~enough~~ sufficiently, the skin acts more. On a cold day when the skin

Care of the skin is, ~~therefore~~, virtually at the same time care of the kidneys.

~~Sabbath~~ afternoon

I saw a patient ~~a few weeks ago~~ some time since (A.P., 1872), in whom, there been heart-disease with aortic regurgitation, and probably also embolism of the ulnar artery, ~~the~~ left hand became gangrenous.

Mad force